

# Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

OCTOBER 26, 2007

## HAPPY TRAILS

### Old West by North Shore

Story and Photos by  
Pfc. Ronald W. Stauffer

Combat Correspondent

Set in North Shore's back hills, nestled away in a remote area, lies Happy Trails Hawaii Ranch, where the visitors can mount up and ride out on a scenic trail ride.

The ranch is open 365 days and on 320 acres of lush, green land waiting to be explored on horseback.

"It was a cattle ranch for well over 100 years, but has been 'Happy Trails' to us for the last 15 years," said Mark Becker, ranch manager. "We've cleaned it up and re-fenced the property."

The ranch is family owned and managed by Tammi Becker.

The ranch staffs' four trail guides rotate throughout the week. Becker has about 25 horses used for trail rides.

"A lot of the horses we use on the ranch are retired polo horses and don't get put into service for about six months, once they've calmed down from their previous jobs," Mark Becker said.

Mark Becker has been a polo player for more than 35 years, and has trained horses for others and himself. He still

plays at the Honolulu Polo Club, as well as the Hawaii Polo Club. He said he enjoys his job more than anything.

"The most enjoyable part of our job is meeting all the people, and they're always in a happy mood," Becker said. "Our oldest rider was 89 years old, and we've had pro bowl players, professional athletes and celebrities come out and ride with us."

Mark Becker said it's gratifying to see families have fun together and to see the love between them as they ride. The ranch supports the military and sees a lot of military families who enjoy coming to ride in their time off.

"We want to make it enjoyable and open to the children, because there are very few things that families can do together with such young kids these days, and we offer that," Mark Becker said. "We're the only company that takes children as young as six, and they love the idea of riding."

Safety is pertinent at the ranch. Before riders can mount horses, each trail guide sets rules and guidelines for the riders to follow to ensure both rider and horse are safe on the ride.

"The horses here are well fed and worked with for the trails and from stories from riders who've rode on other ranches, we have built our own program of safety and riding instruction," Mark Becker said. "We let people realize that balance is needed especially on the terrain of the trails."

The ranch offers two different trail rides for riding enthusiasts. There's a shorter trail for younger and less experienced riders, which lasts an hour and a half, and a longer ride lasting two hours. Both trails portray beautiful views of the hills and an ocean view.

The spectacular view offers a romantic place for couples and has played host to numerous wedding proposals and other special events.

Such events include the Make-a-Wish foundation, the American Cancer Society, the Kidney Foundation of Hawaii and more.

The ranch also helps with a summer program for children from eight to 12 years old at Camp H.R. Erdman, located in North Shore. The ranch helps teach children about horses, including how to brush, wash and saddle them.

"People come back to visit because they love to see the same people," Becker said. "It's a mom-and-pop operation, and people like that."

Information on the trail rides and scheduling appointments, as well as pricing and military discounts, can be found at the Navy Morale, Welfare and Recreation services on Pearl Harbor or call 638-7433.



Riders weave along the winding trails in the hills of North Shore during a trail ride.

Heidi Roth, trail guide, explains commands and how to sit in the saddle to Evelyn Borrero before the ride begins.



Roth explains how to hold the reins to new rider Jamie Cadman.



Mark Becker, right, ranch manager, entices the riders to sing along to 'Happy Trails' while on the ride during a trail ride at Happy Trails Hawaii in North Shore Oct. 19

# Desert Diaries

Lance Cpl. Regina A. Ruisi

Combat Correspondent

Since 1965, the Marine Corps has been effectively preserving its history through the Marine Corps Oral History Branch. The corpswide program is conducted here by Captain Diana Mearns, the historical program officer, who documents the accounts of Hawaii's service members. The warriors' stories are collected orally and join the ranks of thousands of Marines and Sailors who have come before them, dating back to Vietnam.

Every war in our nation's history has had a battle that defines it. That battle is the one that children read about in history books and ask their grandparents if they remember that day, if they were there, what it was like. For World War II it was the storming of the beaches of Normandy. In Korea it was the Chosin Reservoir. For Vietnam it was the TET Offensive.

"Desert Diaries: The Battle of Fallujah" is the telling of the very personal stories of pride and loyalty, humor and sadness, and the glory and horror of the battle that defined this generation. The stories are provided by the base historian, and are published to help share our warriors' stories with the public.

Corporal Nadim A. Abdulhafedh deployed from Marine Corps Base Hawaii twice in support of the Global War on Terrorism. His first deployment was supposed to be with the 31st Marine Expeditionary Unit aboard the U.S.S. Essex, and was supposed to take him and the other Marines of the battalion on a Western Pacific tour. Instead it took him right into the heart

of GWOT's defining battle. The battalion wasn't supposed to see Iraq. It wasn't until the day before they went to Iraq that the troops had any idea they were going to be in the city.

"We were doing range training in Kuwait and then, with one day's notice, they told us we were going to Fallujah," Abdulhafedh said. "But there we were on the first day of the operation, sitting in positions, in fighting holes we had dug. They told us 12 a.m., Nov. 8, we were going to go in. It was hectic. We were on the north side and all hell broke loose. I couldn't believe it. I never thought it could be like that."

Even without the prior knowledge of going to Iraq, the Marines showed a lot of enthusiasm when they received news they were invading Fallujah.

"Most of the Marines were gung-ho, that was what we wanted to do from the start," Abdulhafedh said. "Most of the Marines from 1/3 hadn't really been to Iraq and most of the infantry battalions from the mainland had, so we went in motivated and we accomplished the mission successfully."

For 45 days the Marines fought house-to-house throughout the city, first securing the city, then going through individual houses to clear the city of insurgents. Abdulhafedh served as a machine gunner, so he stood post on top of houses to help secure the city.

"It was pretty unpredictable at times," he said. "We had fights in the early morning, but never at night. It was most intense first thing in the morning. They were trying to catch us off guard."

In one house they were clearing,

Abdulhafedh came across two improvised explosive device detonators. He said it was one of the most significant events of the battle for him because of the recognition he received for it.

"I remember a high ranking officer coming along and congratulating me for finding those," he said. "He said at any moment if

“It was hectic. We were on the north side and all hell broke loose. I couldn’t believe it. I never thought it could be like that.”

anyone had stepped on those or detonated them, everyone on that street would have been killed."

The battalion showed a lot of heroism during the Battle of Fallujah. Abdulhafedh remembers two specific Marines in his company who set the example of leadership and courage during the battle. Both Marines were hit by shrapnel and by enemy fire and were evacuated to the basic aid station in

Camp Fallujah. When they were there, both demanded to be out with their troops. One even snuck out of the hospital and found his way back to his Marines.

"He was scared, but he never gave up, he continued to fight with us," Abdulhafedh said. "He showed that he was a hero. He loved what he was doing, and that gave us motivation."

Abdulhafedh said the Marines' motivation never faltered while in battle. It wasn't until they were extended in Iraq that the battalion's morale started to suffer.

"After the battle of Fallujah we were told that we were pretty much done and could go home, but then they threw another mission at us," he said. "We were on that mission for another week to hold security for the elections. That was pretty disastrous also. We got hailed with mortar and machine gun rounds. We had Marines die doing regular patrols. They had fixed positions for their mortars so they knew where they were hitting. That was continuous for that entire week."

After the week of providing security for the elections, the battalion finally made its way back to Kuwait. There they boarded the Essex and headed to Okinawa. On the way to Okinawa, the ship made a liberty port stop in Thailand, and the Marines had their first taste of freedom for four days. After a month in Okinawa, the Marines finally returned to Hawaii.

"That battle really opened up my eyes," Abdulhafedh said. "It taught me how to be more humble and not take things for granted. I learned a lot."

## Happy Halloween

### Safe Places to Trick-or-Treat

- » Market City Shopping Center: 6:30 p.m. Saturday. Costume parade where merchants hand out treats. Parade begins in lobby near Duck Lee Chinese Express. Call 734-0282.
- » Windward Mall: From 5 to 7 p.m. Wednesday. Highlights: entertainment by Dizanne "Sorceress of Halloween" 6 to 8 p.m., hula hoop contest and balloon creations at Center Stage. Call 235-1143.
- » Ala Moana Center: From 5 to 7 p.m. Wednesday at participating merchants. Call 955-9517.
- » Kahala Mall: From 6 to 8 p.m. Wednesday, preceded by trick-or-treat parade at 5:30 p.m. A Halloween skit kicks off the parade. Call 732-7736.
- » Mililani Shopping Center: From 4:30 to 6:30 p.m. Wednesday. Participating merchants will attach balloons near entrances. Call 551-8930.
- » Pearlridge: Starting at 5 p.m. Wednesday. Uptown and Downtown, while supplies last. Call 488-0981.
- » Town Center of Mililani: From 5:30 to 7:30 p.m. Wednesday. Look for orange signs at store entrances. Call 625-5233.
- » Treat Street: From 5:30 to 8 p.m. Wednesday at Bishop Museum. Family activities. Call 848-4169 or visit bishopmuseum.org.
- » Waikale Premium Outlets: 4 to 7 p.m. Wednesday. Costumed keiki receive free goodie bags, face-painting, balloon-twisting, picture-taking and trick-or-treating at merchants displaying pumpkin signs. Check in at Information Center. Call 676-5656.
- » Ward Trick or Treat Street: From 6 to 8 p.m. Wednesday at Ward Warehouse, Ward Gateway and Ward Centre. Look for black bats hanging in doorways. Costumed keiki receive free Halloween photos, on ground floor near Borders, while supplies last.

## MOVIE TIME

**Prices:** Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Balls of Fury (PG-13)  
Death Sentence (R)  
Halloween (R)  
Shoot 'Em Up (R)  
Balls of Fury (PG-13)  
Death Sentence (R)  
Death Sentence (R)  
Mr. Woodcock (PG-13)  
Shoot 'Em Up (R)

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 7:15 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2 p.m.  
Sunday at 6:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.

# Extreme fears terrify, traumatize at anytime

**Christine Cabalo**  
*Photojournalist*

Gripped by fear, anyone seized with panic at everyday objects and events could suffer from a phobia.

One in eight Americans experience anxiety from a phobia, according to the Anxiety Disorders Association of America. Men over 25 and women of all ages are more likely to have a specific phobia, losing control over their reactions when faced with their fears.

“Those who have a problem find they’re avoiding something because of an irrational fear,” said Jerilyn Ross, CEO and president, Anxiety Disorders Association of America. “It may be based on a real danger, but having a phobia means that your fear of the object strongly affects how you live. You’ll avoid bridges or tunnels, and instead you’ll take a two-hour commute to work or climb 26 flights of stairs because you’re fearful of elevators.”

Therapists classify phobias into three categories: agoraphobia or the fear of isolation and open spaces, social phobias and specific phobias. Specific phobias affect 10 percent of the American population, according to the Mental Health America’s Web site on the anxiety disorder.

“Phobias are a combination of biological factors and psychological factors,” Ross said. “Some times they can be inherited through family members.”

Specific phobias, such as the fear of animals, generally develop in adolescence or early adulthood. The category includes anxieties over daily situations or common objects.

“It’s always an irrational fear,” Ross said. “People are afraid not necessarily of the object, but they fear their fear. If they have a height fear, they focus on how they feel. They realize it doesn’t make sense, but they can’t seem to stop.”

The disorders may appear due to traumatic experiences, and treatment is targeted to stop the panic attacks and anxiety. Staff at Counseling Services, Marine Corps Community Services, Marine Corps Base Hawaii, treats phobias through psychotherapy.

“For cognitive-behavior therapy we try to get our clients to look differently at whatever they fear,” said Kalani Mills, clinical supervisor, Counseling Services, MCCS. “It’s a matter of mastering how you think, and part of that includes relaxation techniques. The anxiety can be reduced initially with deep breathing.”

Counselors occasionally use exposure therapy said Mills, gradually exposing a person to what

## What are you afraid of?

More than 8 percent of people in the U.S. have a specific fear or phobia, according to the Anxiety Disorders Association of America. Symptoms for these fears range from mild discomfort to the disruption of daily activities. Here are a few less known phobias:

### Ciroptophobia

The fear of bats stems from the misconception bats are nocturnal creatures that feed on human blood. Many may not realize only three species of bats feed on animal, not human, blood.

The phobia is dangerous because of the serious injuries people sustain when escaping from bats. Mass extermination of the animal is harmful because bats feed on insects, keeping the pest population in check.

### Dysmorphophobia

This phobia, also called Body Dysmorphic Disorder, occurs when a person fixates on self-perceived body defects.

The disorder is so intense for some people that social interaction is difficult, because the afflicted believe they’re hideous. In some cases, those with BDD will attempt plastic surgery on themselves to improve their perceived flaws.

### Hemophobia

For those who have an extreme fear of blood, symptoms include dizziness and fainting. The disorder may be genetically inherited according to a 1994 study from the American Journal of Medical Genetics. Previous traumatic experiences can also be linked to some people’s fear of the bodily fluid.

### Taphophobia

Anxiety from the fear of being buried alive occurs from the combined fears of darkness, death and closed spaces. Safety coffins, popular in the 1800s, were invented to prevent premature burial by alarms or devices allowing air inside. It’s illegal in India to be voluntarily buried alive.

### Triskaidekaphobia

The fear of 13 is most common in Western countries where the number is seen as unlucky based on religious or anthropological explanations. The phobia of numbers is common around the world. Tetrophobia, the fear of the number four, occurs in East Asian countries because of its pronunciation. In Chinese, Japanese and Korean the words for the number sound similar to the word for death.

they fear. The therapy helps develop coping skills so eventually a person remains calm when confronted with their fear. Counseling Services offers alternative phobia treatments, including thought field therapy where clients stimulate areas of the body through tapping.

Ross said while anxiety is a normal part of life, it’s important

to ask for help when a phobia begins to impede on your lifestyle. The ADAA Web site offers a self-help test users can fill out before talking to their doctor. Base counselors similarly help their clients identify their fears and determine what types of therapy to try.

The clinical supervisor said the process is continual, and treat-

ments can be combined. “Anxiety from a phobia can be kept under control,” Mills said. “Many people have a phobia without others knowing about it. A lot of people can lead a normal life without letting the phobia cause them servere anxiety.” For more information about anxiety and phobias, log on to <http://www.adaa.org/>.

## Movie review: ‘Across the Universe’



**Sgt. Macario P. Mora, Jr.**  
*Press Chief*

*Editor’s note: Hawaii Marine’s combat correspondents provide readers with in-depth reviews and unbiased ratings of films currently in theaters or past releases and classics.*

*The rating system requires some explanation before you get started.*

*If the film is currently available for rent or purchase it will be assigned a certain number of “microwaves” on a scale of one to five to rate its “reheat factor.”*

*If the film is in theaters, it will be assigned a certain number of service stripes on a scale from one to five.*

*In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.*



**Rating: 5 out of 5 service stripes**

*“You either get tired fighting for peace, or you die.”*

– John Lennon

I’m rarely at a loss for words, rarely incapable of detailing my thoughts and expressing my views.

Yet, this past weekend I found myself dumbfounded. I turned to my fiancée, dis regarding the popcorn kernels wedged between my braces and butter freshly splattered on my t-shirt depicting Lennon proudly embracing Gotham City, and asked, “What did you think?”

“I absolutely loved it,” she said.

It was settled; if the tree-hugging Beatle fanatic I’d met a decade earlier enjoyed it, then so did I.

However, I was left utterly confused after watching

“Across the Universe,” a feeling I thought I’d left along with my ex-wife. In both scenarios I was unable to pinpoint precisely when the narrative turned from a sappy ‘80s chick-flick into a tragicomedy. Though some will tell you, and I agree, a movie capable of tugging at your emotions, is a movie worth watching.

On the surface Julie Taymor’s movie is about Jude (Jim Sturgess), a Liverpool dockworker, traveling to America in search of his estranged father. In the process, Jude falls for Max Carrigan’s (Joe Anderson) sister Lucy (Evan Rachel Wood) after befriend ing Carrigan while helping him escape from mischief on Princeton’s campus, Carrigan’s Alma mater.

Jude and Lucy become an item, endure hardships and prevail. Max is sent to Vietnam, and he and the rest of the cast triumphantly overcome life’s adversities.

Though on the surface the movie is another in the long line of the horribly unimaginative, thought reducing and mundane, the film’s subtext and visual

effects carry it to another level. Even more important, the movie is based entirely off of Beatle’s tunes, making it an instant cult classic.

Artfully chronicled throughout the film is the turmoil of the Baby Boomer generation, taking the viewer on a journey through a time more tumultuous than the current climate.

The most vividly creative, though blunt, and politically motivated scene depicted a group of soldiers marching through a miniature version of Vietnam, bearing the Statue of Liberty as Jesus had with the cross before his crucifixion.

In addition to the underlying political and social ideologies, the film’s visual effects were reminiscent of the era’s psychedelic rock videos giving the viewer a more in-depth analysis into the psyche of rock ‘n’ roll’s most influential band.

And the music wasn’t bad either.

The movie musical was comprised entirely of Beatle covers. Every character in the film was derived from one of the Fab Four’s hits such as Jude “Hey Jude,”

and Lucy “Lucy in the Sky with Diamonds.” The most memorable cover however was Prudence’s (T.V. Carpio) rendition of “I Want to Hold Your Hand.” Her hauntingly beautiful voice sent chills down my spine as she sat isolated in football bleachers wallowing in a love that’ll never be – it’s with another woman.

This movie will never take home best picture, but it’s fun. It’s one of those rare films that you can watch more than once, and each time you’re destined to discover something new. The film touches on three of the



five senses and presents you with a perspective into our country’s era of change.

## TALK STORY WITH K-BAY

### What are you going to be for Halloween?



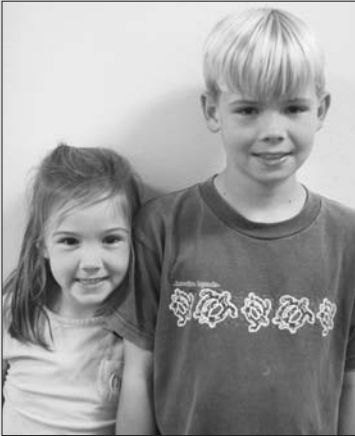
*My wife is going as a greek goddess, so I'm going as King Leonidas from "300."*

Cpl. Mike Diaz,  
Food Services,  
Anderson Chow Hall



*So far I've heard for this year Pirates and "300" is good, but I'm not sure. I'm still undecided on my costume.*

Chief Warrent Officer 2  
Milton Taylor,  
postal officer,  
Post Office



*I'm going to be a tiger. They're my favorite animal.*

Katheryn Wendling, 6

*I'm going to be a skeleton because it's scary and will scare all the little kids.*

Joseph Wendling, 11

## Book review: ‘Chesty: The Story of Lieutenant General Lewis B. Puller, USMC’



**Ken Griffin**  
*Managing Editor*

*“Goodnight Chesty, wherever you are ...”*

If I ever suspected someone was lying about serving in the Marine Corps, I’d simply ask them to “tell me a little bit about ‘Chesty.’”

That’s because Lt. Gen. Lewis Burwell “Chesty” Puller is undoubtedly the most famous Marine in history.

Anyone unfamiliar with Chesty, his exploits and accomplishments simply never served in the Corps. It’s that simple.

In “Chesty: The Story of Lieutenant General Lewis B. Puller, USMC,” Jon T. Hoffman gives us the most exciting, in-depth history of the general to date. If a faker happened to pick up this book, afterwards he might be able to fool me. Hoffman sets the record straight on everything you thought you knew about Chesty and then some.

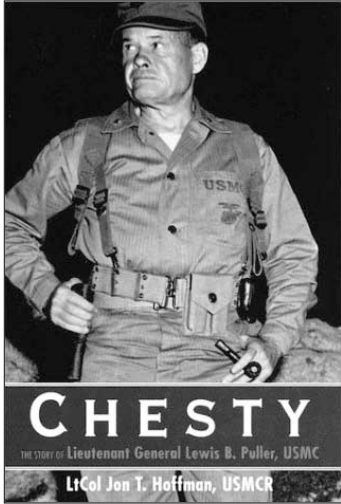
From counterinsurgency operations in Haiti to chasing Sandino in Nicaragua, and from the Boxer Rebellion in China to the Chosin Reservoir in Korea, Puller served in conflicts around the globe.

As the most decorated and well-known Marine in history, Hoffman had his work cut out for him separating the man from the myth, but does so effectively and with the reverence Puller deserves.

Most importantly, he humanizes Puller, and breaks down his leadership style. Sometimes Hoffman even pinpoints the precise moments that Chesty evolved as a leader, showing us what might have influenced his decision making.

Instead of relying solely on quotes and second-hand stories, which he has plenty of, Hoffman examined documents and researched Chesty’s personal papers, personnel file, family lineage and more. The result is a solid piece of literature, full of interesting facts about the icon.

This isn’t a fast read, but it’s rewarding. Anyone who’s ever yelled the cadence “it was good for Chesty Puller, and it’s good enough for me,” should pick up this book and learn just how good it really was. In my opinion, Chesty is what the Corps is all about. To know his story is to know your Corps. The two go hand in hand.



Hoffman is a lieutenant colonel in the Marine Corps Reserve, and served as deputy director, Marine Corps History & Museums Division. Before writing about Chesty Puller, he won the Marine Corps’ best book of the year with his biography of Maj. Gen. Merritt “Red Mike” Edson. I suspect we’ll read more about the Marine Corps and its heroes from Hoffman in the future.

# SPOTLIGHT ON BASE

## WORD TO PASS

### NIEA Powwow

The National Indian Education Association Powwow is tonight, from 6 p.m. to midnight at the Hawaii Convention Center.

### Halloween Teen Costume Party and Dance

Marine Corps Community Services' Youth Activities Program is hosting a Halloween Teen Costume Party and Dance tonight at the Kaneohe Bay Teen Center from 7 to 0 p.m. The event is open to teens ages 13-17, and is free to current Children Youth & Teen Members (\$2 for non-members). The dance will feature music by uniteddjs.

Youth Activities is also soliciting voluntary donations of canned food items for the Hawaii Foodbank at the event. Food and beverages will be available for purchase on-site.

This event is sponsored by the Boys and Girls Club of America Keystone Club.

For more information, call 254-7610.

### Costume Contest

Windward Mall's costume contest is Saturday from 5:30 to 7 p.m. Register at 4 p.m. for the movie-themed contest open to children, teens and adults.

For more information, call 235-1143.

### Halloween Cat Show

Come see "Cats in Costume" at Ala Moana Beach Park Saturday from 9:30 a.m. to 4 p.m. Come check out great food for humans and cats, free gifts for children and toys/supplies for cats. Admission for adults is \$4, and seniors and children are \$2.

### Kailua Town Treat Street

The first-ever Kailua Town Treat Street safe trick-or-treat event is Saturday, from 4 to 9 p.m. on Lau Hala Lane near the Kailua Town Center Fountain located next to Macy's and Pier One. The event is free and open to the public.

For more information, call Amy Hammond at 234-0404 or visit [www.kaneoheranch.com](http://www.kaneoheranch.com).

### 'Thrift or Treat' at Thrift Store

The All Enlisted Spouses' Club invites children and their families to an open house harvest event at the Thrift Store, Building 212 (Pless Hall), Oct. 31 from noon to 4 p.m. for games, prizes, coloring and special treats.

Parents can also browse the the store for bargains. No scary costumes, please.

For more information, call 254-0841 or email [mcb-haesc@yahoo.com](mailto:mcb-haesc@yahoo.com).

### Baby Boot Camp

A childbirth education and infant care class that prepares expectant parents for labor and delivery, newborn care, postpartum changes, and breastfeeding basics is open to all active duty service members and their spouses Nov. 6-7 in the Marine Corps Family Team Building, Bldg 5082, from 9 a.m. to 4 p.m.

Reservations are required.

For more information, call 257-8803.

## ON THE MENU AT ANDERSON HALL

<b>Friday</b> <i>Lunch</i> Pepper steak Baked fish w/garlic butter Rice pilaf Potatoes au gratin Glazed carrots Simmered black-eyed peas Cream gravy Lemon chiffon pie Chocolate chip cookies Marble cake w/chocolate frosting Vanilla/chocolate cream pudding Lime/raspberry gelatin <i>Specialty bar: Deli bar</i>  <i>Dinner</i> Roast turkey Beef pot pie Mashed potatoes Buttered egg noodles Calico corn Simmered broccoli Savory bread dressing Turkey gravy Cranberry sauce Desserts: Same as lunch	Simmered peas and carrots Garlic bread Cherry pie Ginger molasses cookies Spice cake w/butter cream frosting Vanilla/chocolate cream pudding Strawberry/lemon gelatin  <b>Sunday</b> <i>Dinner</i> Barbeque beef cubes Baked turkey and noodles Steamed rice Creole green beans Simmered cabbage Chicken gravy Sweet potato pie Chocolate chip cookies Yellow cake w/chocolate chip frosting Vanilla/chocolate cream pudding Cherry/orange gelatin  <b>Monday</b> <i>Lunch</i> Meat loaf Pork ham roast Tossed green rice Mashed potatoes Peas & mushrooms French fried cauliflower Brown gravy Boston cream pie Peanut butter cookies Peanut butter cake Peanut butter cream frosting Vanilla/chocolate cream pudding Lime/raspberry gelatin <i>Specialty bar: Pasta</i>  <i>Dinner</i> Beef brogul Baked cajun salmon steaks Potatoes o'brian Noodles jefferson	Club spinach Mixed vegetables Brown gravy Desserts: same as lunch  <b>Tuesday</b> <i>Lunch</i> Simmered corned beef w/apple glaze Honey glazed cornish hens Parsley buttered potatoes Rice pilaf Fried cabbage w/bacon Simmered carrots Chicken gravy Mustard sauce Blueberry pie Oatmeal cookies Strawberry shortcake Vanilla/chocolate cream pudding Cherry parfait Strawberry parfait <i>Specialty bar: Taco bar</i>  <i>Dinner</i> Baked tuna & noodles Sweet & sour pork Pork fried rice Steamed rice Simmered broccoli Simmered pinto beans Turkey gravy Chow mein noodles Desserts: same as lunch  <b>Wednesday</b> <i>Lunch</i> Five spice chicken Beef yakisoba Shrimp fried rice Vegetable stir fry Corn o'brien Banana cream pie Oatmeal chocolate chip cookies Carrot cake w/cream cheese frosting Vanilla cream pudding	Chocolate cream pudding Lime/raspberry gelatin <i>Specialty bar: Hot dog &amp; sausage</i>  <i>Dinner</i> Steak smothered w/onions Southern fried catfish Mashed potatoes Baked macaroni and cheese Southern style green beans Fried okra Brown gravy Desserts: same as lunch  <b>Thursday</b> <i>Lunch</i> Turkey a la king Beef stroganoff Steamed rice Boiled egg noodles Peas & carrots Simmered mixed vegetables Turkey gravy Peach pie Cheese cake w/blueberry top Chewy nut bars White cake Mocha cream frosting Chocolate/vanilla cream pudding Orange/strawberry gelatin <i>Specialty bar: Country bar</i>  <i>Dinner</i> Beef noodle soup Chicken noodle soup Braised liver w/onions Honey ginger chicken Chili macaroni Grilled cheese sandwich Rice pilaf Boiled egg noodles Lyonnaise carrots Club spinach Chicken gravy Desserts: same as lunch
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## MARINE MAKEPONO HAWAIIAN FOR “MARINE BARGAINS”

<b>MISCELLANEOUS</b>  <b>Furniture.</b> King size waterbed frame and water mattress, best offer, 3-in-1 crib/daybed frame, best offer, train set with table, \$150. Call 450-2537.  <i>Ads are accepted from active duty and</i>	<i>retired military personnel, their family members and MCB Hawaii civil service employees.</i> <i>Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.</i> <i>Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.</i>	<i>Makepono may be used only for non-commercial classified ads containing items of personal property.</i> <i>Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.</i>
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# KILL • A • WATT

# Airfield technician keeps big birds high in sky

Story and Photo by  
**Pfc. Achilles Tsantarliotis**  
*Combat Correspondent*

5,478 miles. That’s roughly the distance from Los Angeles to Tokyo, the two closest cities in correlation to Marine Corps bases divided by the Pacific.

The C-5, one of the largest heavy cargo aircraft with a longer range than most, can fly approximately 5,940 miles without any cargo and favorable wind conditions.

However, this mammoth aircraft taking a joyride from base to base is improbable; this roughly four-story-tall, eight-school-bus-long aircraft will most likely have a full load and possibly ordnance.

Hangar 5, Visiting Aircraft Line. Located at the end of First Street here, it’s one of the few locations in a sea of blue for aircraft to stop and refuel, rest, load or unload. Marine Corps Base Hawaii is the only stop capable of handling ordnance.

In such a critical place, with a vital role to perform, there are no more than 10 service members here providing the support these aircraft require. The hours of operation at

Hangar 5 make for unconventional workdays, where sleep is a valued, precious commodity. One of the Marines fortunate to be involved is Pvt. Ryan Sherman, airfield technician, Marine Corps Air Facility.

Sherman is enthusiastic about working with different aircraft and accompanying tasks.

An aviation operations specialist by trade, he performs the laborious and critical role of being in direct support of transient aircraft that land here.

With an important job that depends on few people, Sherman is not overwhelmed with stress, despite more than 100 flights landing per month and 1.5 million pounds of cargo handled per quarter.

In fact, he loves it. “I came in open contract because I needed to get out of my hometown, and when you leave there it’s usually to go to jail or college,” Sherman said. “I wasn’t ready for college and I didn’t want to go to jail, so I left to be a part of something. The Marine Corps was everything I wanted and needed.”

A native of Philadelphia, Sherman grew up in the inner city and consequently, was surrounded by

problems he knew he didn’t want to be a part of.

“I thought they would send me with the infantry, but I got put in with the air wing,” Sherman explained. “I didn’t mind being behind the scenes, I didn’t mind the long, hard hours; I didn’t mind anything about it. I knew I had an important role and loved being around the aircraft a lot more than being in front of a desk. It’s hands on, I can spend a few hours loading packs from the infantry, unloading missiles and other ordnance or preparing for the next aircraft arriving.”

Sherman is unaffected by the intrusion of work into his personal time and fortunately work loads fluctuate, sometimes allowing him to take a well earned “Aloha Friday,” but sometimes he’s looking at a seven-day work week with 18 to 20 hour shifts.

“A few weeks ago we were supporting the Coast Guard with that stranded diver,” he said. “They would come in and refuel or get whatever they needed. It’s good to know you’re helping people one day, and helping the war efforts the next day. Without us the infantry and cargo wouldn’t get where it needs to be; it’s

behind the scenes, but I don’t mind and wouldn’t want anything else.”

Supporting transient aircraft requires an unselfish attitude and a dedication to mission accomplishment.

“He’s committed to the job and works well,” said Mark Patton, VAL manager. “People might see an aircraft about to land and think it’s safe, but that’s when our job begins. It all depends on what the airfield is doing and what we can do to make it more viable. When it’s the only place in the Pacific that handles ordnance it’s going to get busy.”

After a time-consuming effort to support the Blue Angels, the week was calm and allowed for recuperation. Though this week was slow, Sherman never counts on how time ahead will be because it’s like “forecasting the weather.”



Private Ryan Sherman, airfield technician, Marine Corps Air Facility, brings an extinguisher to a plane as part of a safety precaution. Sherman's job is void of common days and although this week was slow after a hectic week for the airshow, Sherman says it won't stay like this for long.

## Marine Corps Base Hawaii Command Religious Program

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### RECURRING RELIGIOUS MINISTRIES ACTIVITIES

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#### RELIGIOUS SUPPORT

**Roman Catholic (MCBH Chapel)**

Daily Mass	Tuesday–Friday	11:45 a.m.
Sunday Mass	Sunday	9:30 a.m.
Sailor–Marine Mass	Sunday	5 p.m.

**Protestant (MCBH Chapel)**

Liturgical Service	Sunday	8 a.m.
Contemporary Service	Sunday	11 a.m.

**The Church of Jesus Christ of Latter-day Saints**

POC is Chaplain Daniel Whitaker at MCBH Chapel, 257-1501/216-0156

**Jewish**

**Aloha Jewish Chapel Pearl Harbor (Bldg. 708) located across from Makalapa Medical Clinic**  
POC is Mr. Daniel Bender, 523-4814

Jewish Bible Study	Monday	6:30 p.m.
Kabbalat Shabbat	Friday	7:30 p.m.
Shabbat Morning Services	Saturday	8:15 p.m.

**Wiccan Fellowship**

**Contact Chapel for more information**

**Islam**

**Main Post Chapel, Schofield Barracks (Bldg. 791)**  
POC SSgt Abdelwahed, 624-3325

(Jumah) Prayer	Friday	1 p.m.
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Created by: GySgt Charles Wolf

# SEMPERTOONS™

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# AROUND THE CORPS

## Bret Michaels band rocks troops at al Asad

Story and Photo by  
Gunnery Sgt. Matthew  
Sewell

2nd Marine Aircraft Wing (FWD)

**AL ASAD, Iraq** — Bret Michaels’ band visited troops at al Asad Air Base Oct. 6 while touring U.S. bases in Iraq in support of Armed Forces Entertainment.

However, Michaels’ trip needed funding to get the musician and his band here. Thanks to the dedication and desire to support the troops, four friends from Florida raised the money.

Mike Aby and Nikki Linn felt that they needed to show their support for the troops in Iraq and the best way to do it would be to set up a concert.

“We had a friend who came back from Iraq and felt like he wasn’t supported and we wanted to show people that the troops were supported,” explained Linn.

“Just because those people are gone overseas does not mean they are forgotten,” Aby said.

Aby and Linn, along with their business associates Michelle Robertson and Mike Erthal, set out to raise enough money to fund a trip for a band and provide some comfort items to the troops overseas.

They used fundraisers such as a concert they organized at a motorcycle event in Daytona Beach, Fla., to generate funds

for the trip, as well as sitting in front of stores collecting donations, and receiving funds from various veterans’ organizations. The four friends raised more than \$240,000 in order to provide a little joy to service members who were forward deployed.

After calling numerous bands, Bret Michaels was the first one to say yes.

According to Aby and Linn, Michaels was anxious to take the trip. He wanted to get over to Iraq right away.

Aside from funding the bands trip, the four also purchased tens of thousands of dollars worth of mp3 players, DVDs and t-shirts to give out at the concert and during hospital visits.

Michaels visited al Asad’s hospital and made a point to greet each patient, wish them well and take a photo with

them. At the same time Aby and friends passed out goodies to soldiers, Sailors, airmen and Marines.

Michaels’ final event was the concert, where he played various hits from Poison and other bands. The music was loud and the energy from the crowd could be felt throughout the room. Michaels also stayed after the show to take pictures with service members and sign autographs.

Michaels expressed his support for the troops and what they do as well as thanking them for all of their hard work that is keeping America safe for the future.

According to Aby and Linn they are not finished either, they have recently had a custom motorcycle built that will be sold for funds for future endeavors for the troops as well.



Bret Michaels, lead singer of the rock and roll band Poison, sings during his recent visit to Iraq to perform for troops.

American Heart  
Association

Fighting Heart Disease and Stroke

Are YOU  
at Risk?

Do You Know  
Your Numbers?

Your total cholesterol should  
be below 200 mg/dL.

Your blood pressure should be  
below 140/90 mm Hg.

Blood  
Pressure  
140/90  
mm Hg  
or lower

Total  
Cholesterol  
200  
mg/dL  
or lower

HeartStroke  
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For more information, call  
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